

Taking Care: Rest & Sleep

Your behaviors during the day, and especially before bedtime, can have a major impact on your sleep. They can promote healthy sleep or contribute to sleeplessness.

[See Healthy Sleep Tips Here »](#)

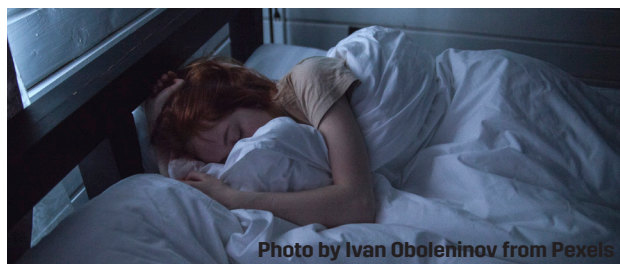


Photo by Ivan Oboleninov from Pexels

8 Healthy Sleep Habits:

- ◇ Set a consistent sleep schedule
- ◇ Create regular bedtime rituals
- ◇ Get regular exercise
- ◇ Keep a healthy diet
- ◇ Limit caffeine and avoid nicotine
- ◇ Avoid alcohol
- ◇ Keep naps short.
- ◇ Use your bedroom for sleep only

[Read More Here »](#)

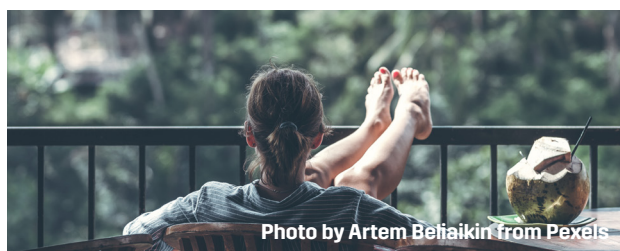


Photo by Artem Beliaikin from Pexels

The benefits associated with a good night's sleep are endless, yet a significant number of people are not getting enough sleep on a regular basis. We have identified the best sleep apps out there to maximize your forty winks and send you happily off to dreamland.

[The 10 Best Sleep Apps »](#)



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Questions to consider when sleeping during the pandemic:

- ◇ What Are the Challenges to Sleep During a Pandemic?
- ◇ Why is Sleep Important During a Pandemic?

[Guidelines to Sleeping Well During the COVID-19 Outbreak »](#)



[The Empty Bowl Podcast - A meditative podcast about cereal »](#)

[Childhood Sleep Guidelines »](#)

[17 Proven Tips to Sleep Better at Night »](#)

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